



## GF-18017

### Stretching Roller



#### Muscle Groups Used



## TECHNICAL DATA

**Dimension:** 925×710×1670mm

**Training Space:** ∅2000×2200mm

**Safe Area:** ∅3500×3700mm

**Free Height of falling:** 1630mm

**Maximum permissible user body weight:** 140KG

## FUNCTION

Massaging, stretching upper body and calf.

## DIRECTION

### A: Back Massage

1. Close back to the roller and hold the handles. Massage moving up and down;
2. Increase repeats as fitness improves.

### B: Calf Massage

1. Hold the handles and place a calf on the roller, massage rolling the calf;
2. Increase repeats as fitness improves.

## CERTIFICATION

EN16630:2015

